

Benefits Newsletter

September 2022






For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the SERVICE-CENTER@srs.gov.

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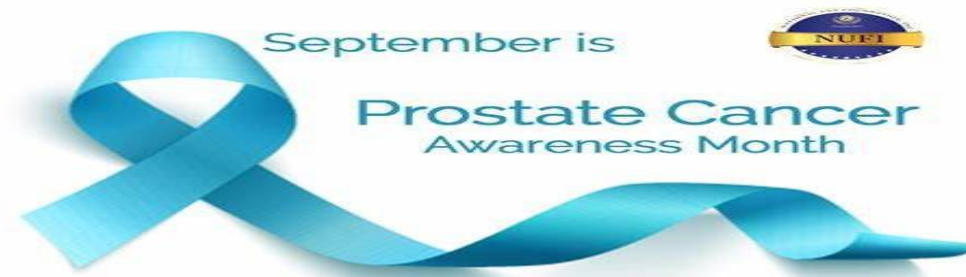
September

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 HOLIDAY	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Benefits and You	23	24
25	26	27  <small>A Division of Webster Bank, N.A., Member FDIC</small>	28  <small>A Division of Webster Bank, N.A., Member FDIC</small>	29 	30	



Health and Welfare



5 Facts about Prostate Cancer

- 1. It affects one in eight men:** It affects one in eight men in the U.S.
- 2. Race matters:** It is much more common in Black men and affects one in six.
- 3. Risk increases with age:** The risk of prostate cancer increases with age — six out of 10 cases are found in men over 65.
- 4. A family history increases the risk:** If you have a family history of prostate cancer, this increases the risk of you having the disease.
- 5. A common type of cancer for men:** The risk of a man developing prostate cancer is higher than developing colon, kidney, melanoma, and stomach cancer combined.

What Is Prostate Cancer Screening?

Cancer screening means looking for cancer before it causes [symptoms](#). The goal of screening for prostate cancer is to find cancer early that may spread if not treated.

There is no standard test to screen for prostate cancer. [Two tests](#) that are commonly used to screen for prostate cancer are—

- A blood test called a prostate specific antigen (PSA) test. PSA is a substance your prostate makes. This test measures the level of PSA in your blood. Your PSA level may be high if you have prostate cancer and for many other reasons, such as having an enlarged prostate, a prostate infection, or taking certain medicines.
- Digital rectal examination, when a health care provider inserts a gloved, lubricated finger into a man's rectum to feel the prostate for anything abnormal, such as cancer.



Health and Welfare

2023 OPEN ENROLLMENT INFORMATION

The following is a summary of the plan changes for this upcoming year:

- Premium changes for 2023 include: Medical plans increasing, Dental plans staying the same, and Vision premiums decreasing
- The IRS has increased the minimum annual deductible by \$100 for employee-only coverage (to \$1,500) and by \$200 for family coverage (to \$3,000).
- The annual contribution maximum for the HSA is increasing. Employee-only contribution limit is increasing to \$3,850. All other levels are increasing to \$7,750.
- The annual contribution maximum for the Healthcare Traditional and Healthcare Limited Purpose Flexible Spending Accounts (FSA) increased to \$2,850. The rollover amount into 2023 will be \$570 for those that re-enroll in these FSAs.
- Pharmacy Mail Saver Program: Effective January 1st, this program requires participants to have prescriptions for drugs that are considered “maintenance” filled through an Optum Mail pharmacy. More information will be included in the Active Open Enrollment booklet.
- Review your dependents listed in each plan! To add or remove a dependent, please complete the OSR 5-337 and return it to the SRNS Service Center, Service-Center@srs.gov.

**SRNS/BSRA Active
Employee OE Dates:
October 3 - 27**

Keep an eye out for
the OE Guide coming
in late September





Health and Welfare

2023 OPEN ENROLLMENT INFORMATION

Topic	Date	Session Times	How to Sign Up
Benefits and You – An overview of the Benefit Plans offered to SRNS and BSRA employees	Thursday, September 22 nd	2 hour session 10:00am	Email Kerri.Makekau@srs.gov to sign up for this session
HSA Bank – Health Savings Accounts 101	Tuesday, September 27 th	1 hour session 10:00am	HSA 101 Webinar Registration
HSA Bank – Investment overview	Wednesday, September 28 th	1 hour session 2:00pm	HSA Investment Webinar Registration
BCBS – Pharmacy Mail Saver Program	Thursday, September 29 th	1 hour session 10:00am	BCBS Pharmacy Webinar 1 Registration
Aflac Plans – Critical Illness and Accident Overview	Tuesday, October 11 th	1 hour session 10:00am	Aflac Webinar Registration
Benefits and You – An overview of the Benefit Plans offered to SRNS and BSRA employees	Thursday, October 13 th	2 hour session 1:00pm	Email Kerri.Makekau@srs.gov to sign up for this session
Incumbents Guide to Retirement – Pre65 and Post65 benefits information for those thinking or confirmed retiring (SRNS, BSRA, and SRMC incumbents)	Monday, December 5 th	2 hour session 10:00am	Incumbent's Guide Webinar Registration
BCBS – Pharmacy Mail Saver Program	Tuesday, December 6 th	1 hour session 2:00pm	BCBS Pharmacy Webinar 2 Registration



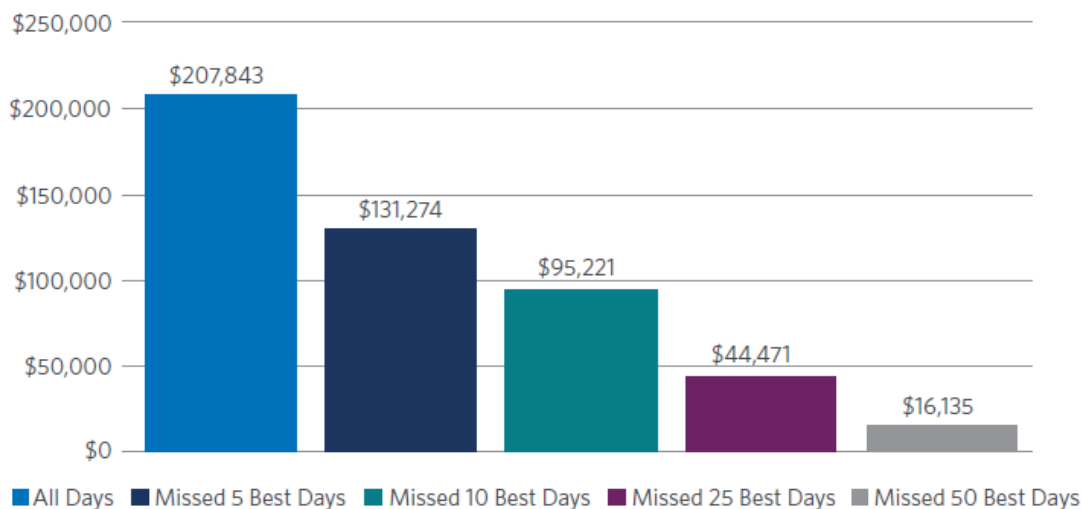
Retirement Services



Market Volatility

Attempting to time the market rather than staying invested during down periods can cause you to lock in your losses while sitting on the sidelines — and miss out on potential market rebounds. Take a look at the financial impact for missing the market's best five, 10, 25, and 50 days over the past 30 years:

\$10,000 INVESTED IN AN INDEX FUND THAT TRACKS THE PERFORMANCE OF THE S&P 500 FROM JANUARY 1, 1992 - DECEMBER 31, 2021



Missing the S&P 500's best 50 days since 1992 translates to nearly **\$192,000 in lost gains.**

The Standard and Poor's 500 (S&P 500) is a stock market index tracking the performance of 500 large companies listed on stock exchanges in the United States. An index is unmanaged and does not take into account the fees and expenses associated with an actively managed fund, so performance may differ. It is not possible to invest directly in an index. Past performance is no guarantee of future results.

Below is information on a podcast web series Transamerica has:

A worldwide pandemic. Contentious politics. Unprecedented market volatility and a rapidly changing economy. These are interesting times, indeed, and the implications for investors and their portfolios can be considerable. Join Transamerica Asset Management, Inc., CIO Tom Wald for his "Market Pulse" podcast series, in which he discusses the markets, the economy, and current events that impact both.

Podcast Series: Market Pulse
Transamerica Asset Management, Inc. CIO Tom Wald looks at the markets, economy, COVID-19 impacts, and more.

[The Tom Wald Market Pulse Podcast | Transamerica](#)

Available on Apple Podcast, Google Podcast and Spotify.





Benefits Spotlight

A quick reminder about the dependents eligible to be covered under the Health & Welfare Plans.

Adding dependents to your Plans will require the correct documentation at the time of adding the dependent. The list of acceptable documentation can be found here:

[Acceptable Verification for Dependent Eligibility 20210610.pdf](#)

BENEFITS

Spouse/Dependent Type

Spouse Lawful spouse through either the validation of a state-recognized marriage certificate, including same sex marriage when recognized by state law through a valid marriage license or common law marriage. South Carolina common law marriage will continue to have the same documentation requirement for attestation.

Ex-Spouse Effective with date of divorce

Domestic Partners

Children Up to age 26

- **Your own children:** Newborn children are not automatically added to coverage. See below.
- **Your step-children** (while married to custodial parent) *
- **Legally adopted** (from the time they are legally placed with you) *
- **Over which you have legal guardianship**
- **Incapacitated children over age 26:** Must satisfy all Incapacitated Dependent qualifications
 1. Incapable of financial self-sufficiency by reason of mental or physical disability; and
 2. Dependent upon the Employee for at least 51 percent of his or her support and maintenance.A child must meet both requirements to qualify as an Incapacitated Dependent. The employee must update items 1 and 2 each year or upon BlueCross's request. A child who is not incapacitated by the maximum dependent child age of 26 will not be covered. The incapacitated dependent will be covered up to age 65.

*Legal/court supported documentation required. You will be required to provide proof to the Service Center for authorization of eligibility by the Plan of legal guardianship, adoption or Qualified Medical Child Support Order that requires you to provide coverage for the child. This documentation must be signed by a court official or a judge. Documentation witnessed by a notary does not suffice.

Eligible

Not Eligible



X

X





Benefits Spotlight

Carry My Health Toolkit[®]
with you everywhere.



Did you know that Blue Cross Blue Shield of South Carolina has all your benefit questions answered with their time-saving apps? Do you have them installed on your handheld devices yet?

First, the MyHealth Toolkit allows for you to view your benefits no matter where you are or where you go. The app allows you to:

- View and share your digital ID card.
- Check the status of your claims fast.
- See what's covered by your health plan.
- Find a local provider who's right for you.
- Pay your bill.
- *And more!*

Plus, logging in is simple as your username and password is the same as it is on their website.



While MyvHealth Toolkit provides you with real time access to your benefits information. What if you're not feeling well and need to talk to a doctor? Blue CareOnDemand is another app provided to save you from those long waiting room visits. With this app, you can talk with a doctor and get the prescription you need to make you feel better sooner and more conveniently. You can talk with a doctor using your mobile device and be treated for conditions such as:

- Bronchitis and other respiratory infections
- Pinkeye
- Ear infections
- Allergies
- Migraines
- Rashes and other skin irritations
- Urinary tract infections
- Cold and flu symptoms

For more information on both of these apps, visit www.southcarolinablues.com. To download the apps, visit the App Store or Google Play.

